

SUPERVILLAIN

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



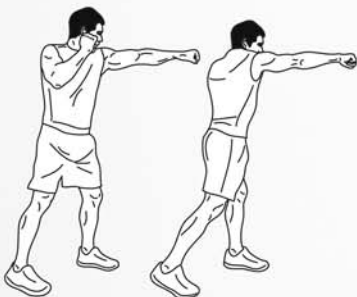
20 side kicks



20 knee strikes



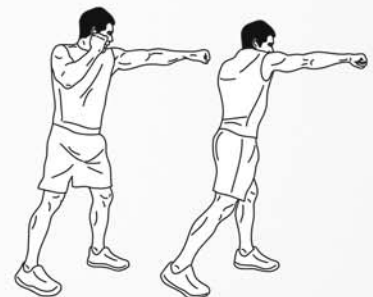
20 side kicks



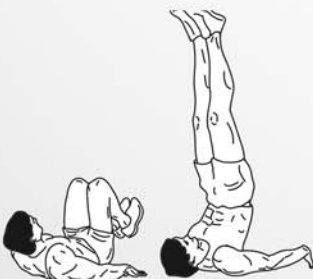
20 punches



20 staggered push-ups



20 punches



10 butt-ups



10 raised leg circles



10 butt-ups